



177th FIGHTER WING JERSEY DEVILS



SAFETY AND HEALTH NEWSLETTER

DECEMBER 2002

HAVE A SAFE HOLIDAY SEASON

Here are a few tips to keep your holiday season free from accidents and injuries:

CHRISTMAS TREES

- * Purchase green, moist Christmas trees, never old or brittle. Check the needles. Try to find a tree with needles that bend instead of break.
- * After purchasing a live tree, be sure to cut the bottom of the tree to expose new wood that will be able to soak up water.
- * Always keep live trees watered.
- * Keep trees (and any other combustibles) away from ignition sources such as fireplaces, space heaters, candles, overhead lights, and radiators.
- * Ensure that artificial trees are fire resistant and UL (Underwriters Laboratory) or FM (Factory Mutual) listed. This will ensure the tree has been manufactured and tested to meet specific safety standards.

CHRISTMAS LIGHTS AND EXTENSION CORDS

- * Only use UL or FM approved extension cords.
- * Make sure the extension cord is large enough to carry the intended load. (The thicker the cord, the greater the load it should be able to carry without overheating.)
- * Inspect the cord for damaged insulation, splices, or loose plugs before using.
- * Do not overload outlets! Use surge protectors if multiple outlets are needed.
- * Immediately replace any broken bulbs that have exposed filaments.
- * Don't run cords through doorways or under rugs. The insulation on the cords can become damaged if the door closes on the cord, or if people step on it under the rug, causing a potential fire and/or shock hazard.
- * Match plugs with outlets. Don't force a 3-pronged plug into a 2-pronged outlet or extension cord.

TOYS AND ORNAMENTS

- * Purchase appropriate toys for the appropriate age. Some toys designed for older children might be dangerous for younger children.
- * Electric toys should be UL/FM approved.
- * Toys with sharp points, sharp edges, strings, cords, or parts small enough to be swallowed should not be given to small children.
- * Place older ornaments and decorations that might be painted with lead paint out of the reach of small children and pets.

PARTIES

- * Never drink and drive. Provide non-alcoholic drinks for designated drivers and other guests.



FROM EVERYONE AT THE
WING SAFETY OFFICE

HAVE A SAFE AND HAPPY HOLIDAY SEASON!



177th FIGHTER WING SAFETY STAFF

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If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.ang.af.mil

BODY MECHANICS

BODY MECHANICS:

Are the body movements we perform to accomplish a task, either at home or at work. They are very important to the health of the back. Body Mechanics fall into three basic categories:

- ⇒ **Sitting**
- ⇒ **Standing**
- ⇒ **Material Handling**

SITTING

A sitting job combined with bad posture can be very stressful on the back and cause disc pressure and muscle fatigue. To avoid back problem:

- ⇒ keep the normal curves in the spine
- ⇒ keep work within easy reach
- ⇒ adjust chair so that feet rest comfortably on the floor
- ⇒ change sitting positions frequently
- ⇒ stand up once every hour



STANDING

A standing job can put pressure on discs and joints and cause muscle fatigue.

- ⇒ stand with legs shoulder width apart with one foot slightly ahead of the other
- ⇒ stretch periodically to compensate for any long term awkward positions
- ⇒ wear shoes with good cushioning
- ⇒ stand on anti-fatigue mats

MATERIAL HANDLING

Proper body mechanics is vital to preventing back injuries.

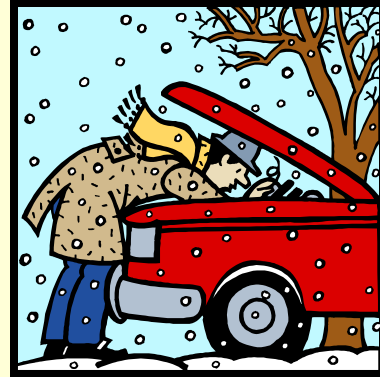
- ⇒ keep the load close to the body
- ⇒ check the weight of the load before lifting, if load is too heavy, get help or use a lifting device
- ⇒ place legs about shoulder width apart with one foot slightly in front of the other
- ⇒ tighten stomach muscles and lift with legs, keeping your head looking forward

If you feel you need an ergonomic evaluation of your work area, please contact Tom Skirzynski at X2525.

Vehicle Safety

During the holiday season we spend a lot of time in our automobile. Holiday shopping, traveling to see family and friends can keep us in our cars and on the road more than we normally would be.

Here are a few tips on car safety to keep in mind during this holiday season.



Security

- Car crime is very common. Car security devices are available at all price ranges.
- Contact several suppliers for advice before you purchase.
- DO NOT leave valuables in a car when it is parked.

Maintenance

- Make sure that your car is kept in good running order.
- Do not put yourself at risk by running out of oil, gas or water.
- Take the time to learn the basics of car maintenance and have your car serviced by a reputable garage.
- Consider joining a breakdown organization as added security.

Contacts

- If you feel vulnerable travelling alone it is worth considering purchasing a mobile phone. Ensure the mobile is fully charged before setting off on long journeys.
- Always let someone know where you are going.
- Plan your route and take a map to avoid asking strangers for directions.
- Take enough money with you for emergency phone calls and consider a phone card.
- Take the details of your breakdown organizations and membership number.

Avoiding assault

- Keep doors locked and keep handbags out of view.
- Never pick up hitchhikers.
- Avoid eye contact with aggressive or suspicious drivers.
- If you are forced to stop, keep your engine running and enough room around you to maneuver.
- If a driver gets out and approaches you, flash your lights and sound your horn. If you have an alarm, set it off.

On the Roadway

- Call for help on an emergency phone (or mobile if you already have a contact who can assist you).
- If you are a woman alone make sure you inform the contact of this fact.
- Return to the car, but stay on the shoulder. Lock all doors except the passenger door nearest to you.
- Get back in and lock the door if someone pulls up. Remember that you should only stop on the hard shoulder in an emergency. If you are lost it is safer to make your way to the nearest service station, roadside restaurant or town and establish your bearings there.
- Do not accept help from passers by. If someone approaches get into the car, lock the doors and speak through a slightly open window.

CPSC, Disney Store Announce Recall of Monsters, Inc. Character Plush Dolls

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), The Disney Store, Inc., headquartered in Glendale, Calif., is voluntarily recalling about 14,500 Sulley

with Boo plush dolls sold exclusively at The Disney Store nationwide. The recalled 12-inch doll is a blue monster named Sulley that is holding a 6-inch girl doll, named Boo. Both are characters in the 2001 animated film, Monsters, Inc. The Boo doll's hair has ponytail holders that could detach, posing a choking hazard for young children.

The Disney Store has not received any reports of injuries or incidents involving these dolls and is voluntarily recalling them to prevent future incidents.

The recall includes only the 12-inch Sulley with Boo plush dolls. The Sulley doll is a blue monster with purple spots, a tail and horns. Sulley is holding a Boo doll in his right arm. Boo is a little girl with dark hair and small pink ball ponytail holders and rubber bands. Labels on the Sulley doll read, "Disney Store," "SULLEY W/BOO 12", and "Made in China."

The Disney Stores nationwide exclusively sold these plush dolls from July 2002 through October 2002 for about \$20.

Consumers should immediately remove and discard the two pink ponytail holders and two rubber bands from the Boo doll's hair, or return the item to any Disney Store for a full refund. For more information, call Disney at (800) 566-3161 between 8 a.m. and 5 p.m. PT Monday through Friday, or visit their web site at www.disneystore.com

This recall involves only the Sulley with Boo dolls sold exclusively at The Disney Store and does not reflect items sold through the Disney catalog or at other retail outlets. Additionally, the battery-operated talking version of the Sulley with Boo doll is not part of this recall.

**CPSC, Stihl Inc. Announce Recall of Chain Saws**

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Stihl Inc., of Virginia Beach, Va., is voluntarily recalling about 3,000 chain saws. Fuel can leak out of the chain saw's tank, which could cause a fire or injury hazard to consumers.

Stihl has received six reports of fuel leakage. No fires or injuries have been reported.

The recalled Stihl chain saws include model number MS 170 and MS 180 C with serial numbers 255120848 through 255122797 and 255739074 through 255741150. The name "Stihl" and the model numbers are located on the starter housing. The serial number is printed on the housing near the bumper spikes. These chain saws were manufactured in Virginia Beach, Va.

Stihl dealers nationwide sold the chain saws from July 2002 through October 2002 for between \$180 and \$200.

Consumers should stop using the chain saws immediately and return them to the dealer where purchased for a free repair. For more information, consumers can contact Stihl at (800) 610-6677 between 9 a.m. and 5 p.m. ET Monday through Friday or log on to the company's website at www.stihlusa.com

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

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SECURITY DURING THE HOLIDAYS

With the Holiday Season around the corner, all personnel are reminded if they travel, in or out of the Continental United States, to make themselves aware of the recent terrorist threats made against the United States. Although traveling within our borders is relatively safe, no one cannot assume "it will never happen to me". To become more aware of the do's and don'ts of travel, take a few minutes out of your time and take the Anti-Terrorism training on the website. These few minutes might just make a difference in you having a safe holiday vacation. The training website is www.at-awareness.org. Access code is aware.

DoD directives state that anyone traveling out of the continental United States, either on personal or official business, must complete the Anti-Terrorism training on the website prior to travel.

IF YOU SUSPECT A MAILING AND ARE UNABLE TO VERIFY THE CONTENTS:

Do not open the article; Isolate the mailing and secure the immediate area; do not put in water or in confined space such as a desk drawer or filing cabinet; if possible open windows in the immediate area to assist in venting potential explosive gases; Contact your local police department and postal inspector for professional assistance.

A GUIDE FOR MAIL BOMB SECURITY

Mail bombs have been employed against individuals and organizations for purposes of revenge, extortion and terrorism.

Could you or your organization be a victim? If yes, consider the following helpful hints when opening mail at home or at work. Remember, the physical appearance of a mail bomb is limited only by the imagination of the bomber. However, mail bombs have exhibited unique characteristics which should be helpful in identifying a suspect item. To apply these helpful hints. It is important to know the type of mail normally received:

- ➡ Letters feel rigid, appear uneven or lopsided or are bulkier than normal.
- ➡ Oil stains may be present on the wrapper. Mailing emits a peculiar odor.
- ➡ Package makes a buzzing/ticking noise. Contents of parcel make a sloshing sound.
- ➡ Outer container is shaped irregular or asymmetric or has soft spots or bulges.
- ➡ Mail bombs have been contained in letters, books and parcels of varying sizes, shapes and colors.
- ➡ Unprofessionally wrapped parcel is endorsed "Fragile-Handle with Care" or "Rush-Do not Delay" Unusual restricted endorsements such as "Personal" or "Private".
- ➡ The addressee normally does not receive personal mail at the office.
- ➡ Name and title of addressee are not accurate.
- ➡ No return address or address is prepared to insure anonymity of sender.
- ➡ Mailing appears to be disassembled or reglued.
- ➡ Handwriting appears distorted or foreign.
- ➡ Protruding wires, tinfoil or string are present.
- ➡ Pressure or resistance is noted when removing the contents.
- ➡ The sender is unknown.
- ➡ Wrapping exhibits previous use such as traces of glue, mailing labels, return addresses or tape
- ➡ Several combination of tape are used to secure the parcel.